

Scouting's Million Hands Campaign: Mental Health - Cubs

Introduction (5 minutes)

The campaign is called A Million Hands and is initially intended to run for four years.

By the end of 2018 Scouting aims to mobilise half a million Scouts working in support of four big social issues.

The issues, which were chosen by young people in Scouting, are:

- Dementia
- Help those disabled by society
- **Improve the mental wellbeing and resilience of our communities**
- Ensuring everyone, everywhere has access to clean water and sanitation

The 9th North Leeds Scout Group – the Leaders of Scouts, Cubs and Beavers – have chosen 'Improving the wellbeing and resilience of our community'. It is something we can all do every day of our lives to help ourselves, and to help those who are close to us.

What do we mean by Wellbeing?

Feeling healthy and happy.

What do we mean by Resilience?

Our capacity to cope with or recover quickly from difficulties.

Who is part of our community?

The people who are part of our lives and those we depend on for the important things of life e.g. food, shelter, health, friendship, learning, etc.

Why should you do this?

- It will make a big difference
- You will feel good about it
- It will be fun
- Mental Health and Wellbeing is something you will feel passionate about
- It will be an adventure
- It will make you a better person

Tonight we will attempt to:

1. Understand the need to improve everyone's wellbeing and resilience
2. Identify the people who make up your community
3. Explore what you can do to improve the wellbeing and resilience of your community

Activity:

PUT YOUR HANDS UP IF...

1. UNDERSTAND THE NEED
2. Plan Action
3. Take Action
4. Learn and Do More
5. Tell the World
6. Risks and Considerations
7. Connecting with Others

Section

Cubs, Scouts, Explorers, Network

Overview Description

Simple introduction to mental health

Outcome

Scouts understand that just as we all have physical health, everyone has mental health

Time

5-10 minutes

Equipment

■ None.

Linked badges



Activity Instructions

- This activity works well as a quick introduction to looking at mental health and increasing their understanding about what mental health means.
- Start activity by asking 'Put your hand up if you have physical health' (hopefully all hands should go up)
 - 'Put your hand up if you have mental health' (in our experience, none or very few hands go up)
 - 'Put your hand up if you've felt happy in the last week'
 - 'Put your hand up if you've felt low in the last month'
 - 'Put your hand up if you enjoy playing football'
 - 'Put your hand up if you get stressed before exams'The above are all examples, think of your own and ask as many as you like
- Explain to the group that this is their mental health. We all have mental health as we all have physical health. Some people can become unwell physically and mentally. We can also look after our mental health as we can look after our physical health.
- Discuss.

Key Messages

We all have mental health as we all have physical health.

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We all have feelings (10 minutes)

Walk in a circle feeling:

Happy

Sad

Angry

Superhero (you can do anything)

Exhausted (mentally tired)

Thinking (trying to solve a problem in your head)

Anxious (worried about something)

Confident (you can do it)

Scared (really frightened)

What did you notice?

Key Messages

We all have all experienced these feelings

We can recognise them in ourselves and in others e.g. through body language and behaviour (what people do)

Fright and flight response is normal, it keeps you safe from danger, e.g. Tiger in the jungle or a lorry coming down a narrow road - but you may not be able to get away e.g. from a school test or a bully in the school playground and so you can get stuck in the feeling

We experience problems with our mental health when these (normal) feelings stay with us for a long time or become overwhelming e.g. anxiety can become a panic attack (we feel unable to do anything)

Activity:

WHAT MAKES US HAPPY?

1. UNDERSTAND THE NEED
2. Plan Action
3. Take Action
4. Learn and Do More
5. Tell the World
6. Risks and Considerations
7. Connecting with Others

Section

Beavers, Cubs (Scouts with adaptation)

Overview Description

Exercise designed to get Beavers and Cubs talking about what makes them happy or sad

Outcome

Scouts talk about what makes them happy and sad and they understand this is linked to mental health

Time

15-20 minutes

Equipment

■ Flip chart paper, pens.

Linked badges



Activity Instructions

- On four pieces of flip chart paper, write the following:
 - 'What do you like doing at Beavers/Cubs?'
 - 'What makes you happy?'
 - 'What makes you sad?'
 - 'What do the words **mental health** or **mental illness** mean to you?'
- Put the flip chart paper on the walls, around the room.
- Supported by a leader, the young people gather around each piece of flip chart paper and discuss their answers to each of the four questions.
- Dependent on group size, the activity can either be done as one large group, or smaller groups.
- Answers can be given in a number of different ways such as talking in groups, drawing their answer, writing their answer and acting out their answer.
- When addressing the question, what do the words mental health mean to you, it may be that the young people cannot think of anything. If this is case, encourage them to think about the words separately, mental or 'health. Do these mean anything?
- Based on their answers it should be possible to discuss:
 - What makes us happy or sad is related to our mental health.
 - Everyone is different – what makes one person happy, might make another person sad.
 - Discuss/provide suggestions on what young people can do if they feel sad.

Adaptations

This can be used as an activity for older Scouts, if shortened and the focus is on discussing terms they don't understand etc. Swap the flipchart to choosing pictures to make a collage, mime or a creative activity.

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The issue (5 minutes)

Mental health problems include anxiety, depression, obsessive compulsive disorder (OCD), self-harm (both physical and behavioural), post-traumatic stress disorder, eating disorders, bipolar disorder and schizophrenia.

According to the World Health Organization, by 2020 depression will be the second most common cause of ill health after heart disease.

Whatever form they take, experiencing a mental health problem can be scary and you might think you are the only one feeling like that.

Mental health problems can affect anyone. But too many people still feel unable to say that they're struggling to cope, and this means they don't get the help they need.

Here in the UK this year, like last year, 1 in 4 adults will experience a mental health problem. (This week 250,000 people will visit their doctor about a mental health problem.)

75% of adults with mental health problems first experience them before the age of 18.

One in ten (10%) young people are experiencing mental health problems right now and research suggests that two in ten (20%) will have a mental health problem during the course of each year. So tens of thousands of young people here in the UK are suffering.

1 in every 10 boys aged 8 to 11 are suffering right now – you almost certainly know someone who is suffering but you may not be aware of it. Maybe someone in this room.

This year in the UK about 6,000 people will feel so bad that they deliberately end their own lives. Three quarters of those who end their own lives are male. That's 4,500 males and 1,500 females every year. Suicide is now the most common cause of death among people under 35.

Each year 1,700 people a year are killed on our roads and we talk a lot about road safety.

Most of us don't talk about our mental health and wellbeing.

We all need to learn to talk more openly about our mental health and wellbeing, and encourage friends and family to do the same.

Campaign objectives

We have all learned to manage our physical health e.g. *"When I feel physical pain I tell someone so they help me or they find someone who can."*

1. We can all learn to manage our mental health in the same way. Take Notice when something might be wrong, talk with someone about it and ask them to help or to find someone who can help you.
2. Learn to talk more openly about your everyday wellbeing and resilience, and encourage friends and family to do the same.

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Continuum – Words (10 minutes)

One end of the room is totally Acceptable and one end is totally Unacceptable

Participants position themselves somewhere

Acceptable	Unacceptable
Happy	A bit weird
Sad	Mentally challenged
Anxious	Psycho
Angry	Head case
Feeling Low	Mad
Depressed	Nutter
Frightened	Thicko
Stressed	Soft
Isolated	Out of his head

Key Messages

Having feelings is OK.

Noticing and managing our feelings is normal,

If we don't understand what someone is feeling, or what I am feeling, sticking a silly label on it isn't helpful and may be hurtful.

Some words may be acceptable in some circumstances and some words are never acceptable

Be kind to ourselves and kind to others

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High Five – Ways to improve wellbeing and resilience (10 minutes)

Connect

Talk to my friends, family and other people. Spend time with them.

Be Active

Do a sport or something else I enjoy that requires physical effort.

Take Notice

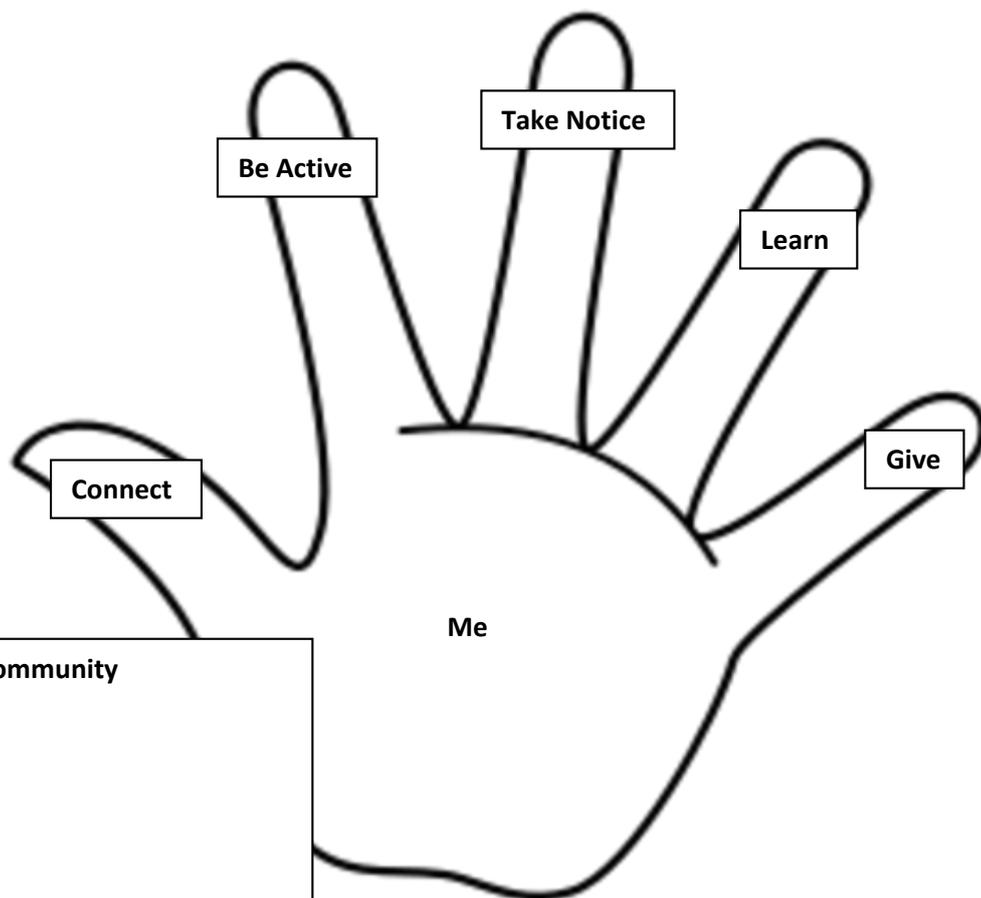
Learn to notice when I feel stressed about something and take time out to remember what helps me relax and enjoy what I am trying to do now (i.e. live in the present).

Learn

Acquire new knowledge (something I know about) or a new skill (something I can do).

Give

Share my time, knowledge and skills with other people.



My Community

Me

TAKE ACTION: Talk about your High Five with your parents or someone you named in My Community

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Words

Stress

The feeling of being under too much mental or emotional pressure.

Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.

Anxiety

A feeling of unease, such as worry or fear, that can be mild or severe.

Everyone has feelings of anxiety at some point in their life – for example, you may feel worried and anxious about sitting an exam, or having a medical test or a job interview. During times like these, feeling anxious can be perfectly normal – a helpful part of our natural self-protective 'flight or fight' mechanism.

However, some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.

Depression

There are many symptoms of depression, including:

- low mood
- feelings of hopelessness
- low self-esteem
- lethargy and sleep problems

The more symptoms someone has and the longer they last, the more likely they are to be depressed.

Obsessive compulsive disorder (OCD)

A mental health condition where a person has obsessive thoughts and compulsive activity.

An obsession is an unwanted and unpleasant thought, image or urge that repeatedly enters a person's mind, causing feelings of anxiety, disgust or unease.

A compulsion is a repetitive behaviour or mental act that someone feels they need to carry out to try to temporarily relieve the unpleasant feelings brought on by the obsessive thought.

For example, someone with a fear of their house being burgled may feel they need to check all the windows and doors are locked several times before they can leave the house.

Self-harm

Is usually a way of coping with or expressing overwhelming emotional distress and can also be a cry for help.

When somebody intentionally damages or injures their body the intention is often to punish themselves, express their distress or relieve unbearable tension. Sometimes the reason is a mixture of both.

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Self-harm may also be intended by someone who recklessly damages their relationships, prospects, possessions, resources, engages in excessive drinking, gambling, risk taking, etc.

Post-traumatic stress disorder (PTSD)

An anxiety disorder caused by experiencing or witnessing stressful, frightening or distressing events such as a road accident, a natural disaster, warfare, violent attack, abuse, etc.

Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt.

They may also have problems sleeping and find difficulty concentrating.

Symptoms are often severe and persistent enough to have a significant impact on the person's day-to-day life.

Eating disorders

Are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour.

A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health.

Bipolar disorder

Is characterised by extreme mood swings. These can range from extreme highs (mania) to extreme lows (depression).

Episodes of mania and depression can often last for several weeks or months.

Schizophrenia

is a long-term mental health condition that causes a range of different psychological symptoms, including:

- hallucinations – hearing or seeing things that do not exist
- delusions – unusual beliefs not based on reality that often contradict the evidence
- muddled thoughts based on hallucinations or delusions
- changes in behaviour

Doctors often describe schizophrenia as a psychotic illness. This means sometimes a person may not be able to distinguish their own thoughts and ideas from reality.

END